



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



# CITY HEIGHTS SWIM CENTER

4380 Landis Street • San Diego, CA 92105 • (619) 641-6126 • [www.sandiego.gov](http://www.sandiego.gov)

## FALL 2009 PROGRAM

HOURS EFFECTIVE SEPTEMBER 8 – NOVEMBER 8, 2009

### LAP SWIM

Monday, Wednesday, Friday 9:00 am – 10:30 am  
2:00 pm – 7:00 pm  
Tuesday, Thursday 2:00 pm – 4:30 pm  
6:00 pm – 7:00 pm  
Saturday 12:00 pm – 3:00 pm  
(Saturday hours end September 26)

### RECREATION SWIM

Monday, Wednesday, Friday 2:00 pm – 4:00 pm  
Tuesday, Thursday 2:00 pm – 4:30 pm  
Saturday 12:00 pm – 3:00 pm  
(Saturday hours end September 26)

Specific lanes/areas will be designated for Lap & Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

### FACILITY ADMISSION FEES

Adults (16 years & older)	\$4.00
Child/Disabled/Senior	\$2.00

All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee.

- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.
- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

### DISCOUNT PASS FEES

Passes expire one year from the date of issue and can be used at any City pool.

Adults (16 years & older)	\$100.00/30 swims
Adults (16 years & older)	\$35.00/10 swims
Child/Disabled/Senior	\$45.00/30 swims
Child/Disabled/Senior	\$15.00/10 swims

### WATER FITNESS

ABC, Aquatic Body Conditioning is a medium paced cardiovascular workout designed for an overall body exercise emphasizing all the major muscle groups.

Monday, Wednesday, Friday 9:00 am – 10:00 am  
Tuesday, Thursday, Friday 6:00 pm – 7:00 pm  
\$3.50/class

DISCOUNT PASS \$30.00/10 Classes

### RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

### NON-RESIDENTS

Rates listed are for residents only. Proof of residency will be required. Non-residents must pay twice the resident rate.

- City of San Diego Swimming Pools may close without notice during inclement weather conditions.



**All City of San Diego parks, pools, and beaches are smoke free**

## YOUTH WATER POLO (ages 6-17)

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsman-ship. Participants must be able to swim 200 yards continuously and tread water for one minute.

Tuesday/Thursday 4:30 pm – 6:00 pm  
\$25.00/Month

## SWIM LESSONS

Classes are held Monday/Wednesday/Friday for 3 weeks, 35 minutes each day.

**Session 1** September 14 – October 2

**Session 2** October 5 – October 23

FEES:	Resident	Non-Resident
Large Group	\$53.75	\$107.50
Private Lessons*	\$180.00	\$360.00
Semi Private Lessons*	\$150.00	\$300.00

\* Speak with the Pool Manager to set up Private or Semi Private Lessons\*

## AFTERNOON CLASSES

4:00 pm – 4:35 pm	Tiny Tots	Adv. Tots	Beg. 1
4:40 pm – 5:15 pm	Super Tots	Beg. 1	Beg. 2
5:20 pm – 5:55 pm	Beg. 2	Beg. 3	Adult

## REFUND POLICY

Extra care should be given to the selection of classes. There are **NO REFUNDS**. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

## SAFETY CHECKS

There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

## DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619) 525-8235.

## CITY OF SAN DIEGO SWIM LEAGUE

City of San Diego Swimming (CSDS) is a recreational swim organization for youth ages 5-17 years old, which offers a quality, safe program that is committed to developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego pools. Prerequisite: completion of Competitive Skills I course or Pool Manager's approval.

### WHITE TEAM

Monday/Wednesday/Friday 5:00 pm – 6:00 pm  
\$25.00/Month

### SILVER TEAM

Monday – Friday 6:00 pm – 7:00 pm  
\$35.00/Month

### COMPETITIVE SKILLS

Tuesday/Thursday 5:30 pm – 7:00 pm  
\$25.00/Month

## EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

## VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619) 533-4017.

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with either the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.